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LICENCE TO THRILL

IT'S A RIDE FIT FOR A MCQUEEN! FROM BULLITT TO FAST & FURIOUS 6, METRO LOOKS AT SOME OF HOLLYWOOD'S GREATEST CAR CHASES

PAGE 7

Have you signed the petition yet?

Regina Water Watch.ca

Keep Water Public!

Sask. storm chaser tracking chaotic system in southern U.S.

A massive tornado can be seen outside of Wichita, Kan., on Sunday. Greg Johnson, a Saskatchewan-based storm chaser, says the tornado pictured above is part of the same storm system that caused death and destruction in Moore, Okla., on Monday. CONTRIBUTED/GREG JOHNSON

A week of extreme weather. Storm system same one that tore through Moore, Okla.; awareness heightened in southern plains as violent weather persists

MORGAN MODJESKI
Metro in Saskatoon

A Saskatchewan storm chaser said he was close by when a mile-wide tornado touched down in Moore, Okla., Monday, and he continues to track the storm blamed for the deaths of at least 24 people.

Greg Johnson said he left the Moore suburb 20 minutes before the tornado hit.

"The reality is this wasn't just an event for Moore. Today is the fourth day of a storm system that has rolled through the southern plains — Moore was the latest one," said Johnson. "The day before, however, the city of Shawnee, Okla., took a direct hit as well and there were fatalities — an entire community was destroyed.

"It's been an incredible week of tornadoes so far."

Johnson is currently chasing the storm system through Texas and he said people are hyper-aware about the dangers of extreme weather, adding a number of them have stopped his team, looking for updates.

"Everywhere we go people know that we're storm chasers … (and) people want to know what's happening. They want to share their stories. They want us to either put them in a state of relaxation, that there's nothing to worry about, or let them know if there is something to worry about."

Johnson said he and his storm-chasing teammates, Chris Chittick and Ricky Forbes, would be returning to Moore over the next week or so.

MORE COVERAGE OF THE DEVASTATION IN OKLAHOMA, PAGE 4

If you build it, they will come

Make room for Melonheads: Grey Cup preparations are taking shape at Mosaic Stadium, and the expansion is good news for the Riders and their fans PAGE 3

Harper 'not happy'

The prime minister says he's upset over the Mike Duffy scandal, but gives no further details on how involved he or his office was in bailing out the senator PAGE 4

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Grey Cup preparation spurs south-side growth spurt

Mosaic Stadium.
Capacity will grow by 5,000 starting Labour Day: Roughriders CEO

JEFF MACKEY
jeff.mackey@metronews.ca

Additions to the year-old south-side stands at Mosaic Stadium are already underway in preparation for this year's Grey Cup. JEFF MACKEY/METRO

If you've driven by Mosaic Stadium recently, you may have noticed that the landmark is getting a drastic makeover.

A metal exoskeleton is being raised around the stadium's south stands, and will eventually become expanded seating for this year's Grey Cup. But it also means that even more Riders fans will be able to pack the stadium and cheer on their team during the regular season.

"Our capacity this year will be 40,000 for the season opener and then up to 45,000 for Labour Day and beyond, including the Grey Cup right here in Regina," Jim Hopson, CEO of the Saskatchewan Roughriders Football Club, said on Tuesday.

This is good news for the Riders, who say they already have 28,000 season ticket sales for the year.

"Not that many years ago we were sitting at about 7,000 season tickets," Hopson said, noting that the team will reserve some tickets for walk-ups. "We think 28,000 is about our max. We are at 33,000 (capacity without expanded seating) normally, and that still leaves us 5,000 (seats) for walk-ups."

Tickets for the Grey Cup, however, could prove to be a hot commodity. More than 30,000 tickets to the CFL championship game have been sold — even before the general public gets a chance to buy them.

"We will be going to general sales in June. There are still a good number of seats available," said Hopson. "I don't anticipate people having problems if they get on it early and get their tickets in June."

All-party committee holds hearings to reduce Sask. traffic deaths

An all-party government committee is looking for public input on how to reduce traffic-related deaths in Saskatchewan.

Hearings have started in Regina and are to be held across the province until mid-June.

Committee chairman Darryl Hickie says there need to be tougher laws for drunk drivers, drivers who text or talk on cellphones or people who are generally driving dangerously.

Hickie, a Saskatchewan Party MLA, hopes to have a report with recommendations ready for the government by the end of August.

Public hearings will also be held in Saskatoon, Estevan, Prince Alberta, La Ronge and Pelican Narrows.

Hickie says changes aimed at driver safety could be introduced as soon as the fall session of the legislature.

"We're looking at changing behaviours, changing driving habits," Hickie said Tuesday.

There are several areas that the committee will have to consider, he suggested.

"We're going to hear from (Saskatchewan Government Insurance) and the Ministry of Policing that maybe some new officers on the street, new enforcement techniques, maybe photo radar to curb speeding issues may be recommended."

Drivers need to realize that traffic safety starts with them, added Hickie, who is a former police officer. "People forget that as you're driving 2,000-plus pounds of metal and hardened steel down the road that ... you have to recognize that you're responsible for everything that happens when you are behind the wheel."

The committee made up of five government and two opposition politicians was struck in March after what officials said was the deadliest year ever on Saskatchewan roads — 175 traffic deaths.

CKRM/THE CANADIAN PRESS

'High-energy lounge'

Future nightclub approved; proprietor says it will benefit other businesses

A group of Regina entrepreneurs are looking forward to opening what they call a "high-energy lounge" on central Albert Street, after city hall gave them thumbs-up on Tuesday.

Derek Wu, a member of the ownership group set to open a new nightclub ROSS ROMANIUK/METRO

Mayor Michael Fougere and councillors voted to keep the nightclub plan on course for a ground-floor, former office space just south of downtown, despite concerns raised at the meeting by the proprietor of the nearby Slow Pub about a shortage of parking for patrons of such businesses in the district.

"We just want to make sure we plan correctly, and execute things by the book," Derek Wu, a member of the ownership group, said after the approval.

Wu said the group hopes to get the yet-unnamed nightclub — with seating for 53 customers, and total capacity for about 95 — running by the fall.

He stressed, however, that they won't try to rush through further approvals that they need for use of a separate parking space about 70 metres from the two-storey building, in order to gain access to a total of at least 12 stalls.

"We, by no means, feel as if we deserve an exception. We're actually following the guidelines of the bylaw," Wu said, after Adam Sperling of Slow Pub had alleged that the group is getting preferential municipal treatment.

"I don't feel as if the city is bending backwards for us, whatsoever. We in fact are following the bylaw guideline."

ROSS ROMANIUK/METRO

Piping down. Toronto mayor holds tongue on crack cocaine allegations

Five days after two media outlets published reports on a video that appears to show him smoking crack, Toronto Mayor Rob Ford again offered no explanation on Tuesday.

He did not say whether he has smoked crack cocaine while in office or whether he used an anti-gay slur, despite concern from Ontario's premier and renewed pleas from council allies.

"He needs to speak to the residents of Toronto about these allegations," said Coun. Peter Milczyn, a member of Ford's executive committee. "The mayor has to address this. It's not going to go away."

On Friday, the day after the reports were published by Torstar News Service and U.S. website Gawker, Ford called unspecified allegations "absolutely not true" and "ridiculous." He also accused Torstar of "going after" him.

Premier Kathleen Wynne said she is worried about the impact of the scandal on Toronto's government.

Mayor Rob Ford THE CANADIAN PRESS

"My hope is that (it) will be dealt with on a personal level and at a council level as quickly as possible," Wynne said.

The 90-second video has been offered for sale to various media outlets by men involved in the drug trade. Gawker is attempting to raise the $200,000 it says it needs to make the purchase. Its "Crackstarter" campaign has surpassed $98,000.

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Rescue efforts wind down in suburb torn asunder by tornado

Death toll lowered to 24. Early chaos led to initial report of 51 dead

Austin Brock holds cat Tutti shortly after the animal was retrieved on Tuesday from the rubble of Brock's home, which was demolished a day earlier when a tornado moved through Moore, Okla. BRENNAN LINSLEY/THE ASSOCIATED PRESS

Rescue workers neared the end of the search for survivors and the dead in the Oklahoma City suburb where a rare and powerful tornado claimed 24 lives. Residents of Moore began returning home, some of them finding empty lots cleared down to bare red earth in place of their homes.

Scientists concluded the twister was an EF5 on the enhanced Fujita scale, the most powerful type of twister, capable of lifting reinforced buildings off the ground.

After nearly 24 hours of searching, Moore's fire chief said he was confident there were no more bodies or survivors in the rubble.

"I'm 98 per cent sure," Gary Bird told reporters on Tuesday.

Emergency crews had trouble navigating devastated neighbourhoods because there were no street signs left. Some used smartphones or GPS devices to guide them.

The death toll was revised downward from 51 after the state medical examiner said some victims may have been counted twice in the confusion.

By Tuesday afternoon, every damaged home in Moore had been searched at least once, Bird said. His goal was to conduct three searches of each building, just to be certain.

The fire chief was hopeful that could be completed by nightfall, but efforts were being hampered by heavy rain.

Survivors emerged with harrowing accounts of the storm's wrath, which many endured as they shielded loved ones.

Chelsie McCumber grabbed her two-year-old son, wrapped him in jackets and covered him with a mattress before they squeezed into a coat closet. McCumber sang to her child when he complained it was getting hot inside the small space.

"I told him we're going to play tent in the closet," she said, beginning to cry.

"I just felt air so I knew the roof was gone," she said Tuesday, standing under the sky where her roof should have been. The home was littered with wet grey insulation and all of their belongings.

"When I got out, it was worse than I thought," she said. THE ASSOCIATED PRESS

School shelters

Plaza Towers Elementary, where seven children were killed, and another damaged school did not have storm shelters or safe rooms, said a member of the Department of Emergency Management.

- More than 100 schools in the state have safe rooms, but he added a shelter would not necessarily have saved more lives.

The PM didn't go into detail about how involved he or his office was in repaying improper expenses. FRED CHARTRAND/THE CANADIAN PRESS

Those who want to benefit from office — get lost: PM

A "very upset" Prime Minister Stephen Harper tried to settle down a scandalized Conservative caucus Tuesday with talk of accountability and Senate reform, but shed no new light on the $90,000 transaction that cost him his chief of staff.

"I'm very upset about the conduct we have witnessed, the conduct of some parliamentarians and the conduct of my own office," Harper said in his first public comments since revelations last week that his right-hand man, Nigel Wright, wrote a cheque for $90,000 to embattled Sen. Mike Duffy.

Harper didn't go into detail, however, about just how involved he or his office was in helping Duffy repay living expenses he shouldn't have claimed in the first place.

Nor did he go any further behind closed doors, sources told The Canadian Press.

The payment was used by Duffy as an excuse to stop cooperating with an ongoing audit of his expenses.

Ethics commissioner Mary Dawson confirmed she had launched a probe under the Conflict of Interest Act.

"Anyone who wants to use public office for their own benefit should make other plans, or better yet, leave this room," Harper reminded his caucus. THE CANADIAN PRESS

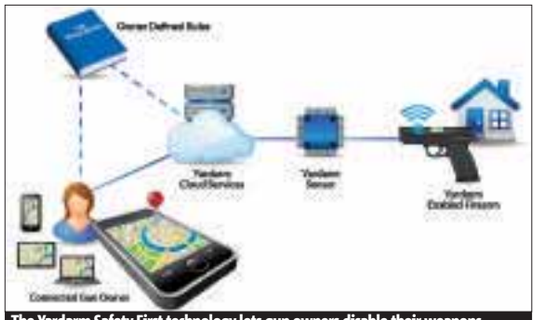
Firearms safety. Wireless controller lets gun owners disable weapons via phone

A high-tech startup is wading into the gun control debate with a wireless controller that would allow gun owners to know when their weapon is being moved — and disable it remotely.

The technology, but not an actual gun, was demonstrated Tuesday at a wireless technology conference in Las Vegas. It comes at a time when U.S. lawmakers are considering contentious smart gun laws that would require new guns to include high-tech devices that limit who can fire them.

The new Yardarm Technologies LLC system would trigger an alarm on an owner's cellphone if a gun is moved, and the owner could then hit a button to activate the safety and disable the weapon. New guns would come with a microchip on the body and antennas winding around the grip.

THE ASSOCIATED PRESS



The Yardarm Safety First technology lets gun owners disable their weapons wirelessly, offering more control over who can fire them. YARDARM TECHNOLOGIES

Apple on hot seat over offshore tax strategies

Billions saved? CEO Tim Cook denies report that says company uses Irish subsidiaries to dodge U.S. taxes

The U.S. Senate dragged Apple Inc., the world's most valuable company, into the debate over the U.S. tax code Tuesday, grilling CEO Tim Cook over allegations that its Irish subsidiaries help the company avoid billions in U.S. taxes.

Cook said the subsidiaries have nothing to do with reducing its U.S. taxes, a message he struggled to convey to the Senate Permanent Subcommittee on Investigations.

"We pay all the taxes we owe — every single dollar," Cook said. "We don't depend on tax gimmicks."

The senate subcommittee released a report Monday that held up Apple as an example of the legal tax avoidance made possible by the U.S. tax code.

It estimates that Apple avoided at least $3.5 billion US in U.S. federal taxes in 2011 and $9 billion US in 2012 by using its tax strategy, and described a complex setup involving Irish subsidiaries as being a key element of this strategy.

But Cook said the Irish subsidiaries don't reduce the company's U.S. taxes at all. Rather, the company avoids paying the 35 per cent federal tax rate on profits made overseas by not bringing those profits back to the U.S., a practice it shares with other multinationals.

Apple's enormous, iPhone-fuelled profits mean that it has more cash stashed overseas than any other company: $102 billion US.

Cook reaffirmed Apple's position that given the current U.S. tax rate, it has no intention of bringing that cash back to the U.S. Like other companies, it has a responsibility to shareholders to pay as little as possible in taxes.

In effect, Apple is holding out for a lower corporate tax rate, and Cook spent some of his time in the spotlight to advocate for one, accompanied by a streamlining of the tax code to eliminate deductions and credits.

Cook, who is more accustomed to commanding a stage in front of investors and techies than facing a congressional committee, took a defensive tone with his opening statement. He punched out words when stressing the 600,000 jobs that the company supports while adding that Apple is the nation's largest corporate taxpayer.

At the same time, Cook said he was happy to appear to be able to give Apple's side of the story.

"I'm saying it's who we are as people.... Wherever we are, we're an American company," Cook insisted when asked about Apple's use of affiliate companies in Ireland.

Sen. Carl Levin, the panel's chairman, said Apple's use of loopholes in the U.S. tax code is unique among multinational corporations.

THE ASSOCIATED PRESS

Quoted

"We pay all the taxes we owe — every single dollar. We don't depend on tax gimmicks."

Apple CEO Tim Cook, testifying before a U.S. Senate panel.

Publishing. Ebook sales are levelling off, report finds

Kobo and Kindle have grown to become familiar brands in Canada but ebook sales now appear to be plateauing, suggests a report by the industry organization BookNet Canada.

Based on surveys with 4,000 book-buying consumers, BookNet Canada pegged paperback sales in 2012 at about 58 per cent of the market, while hardcovers accounted for 24 per cent and ebook sales made up 15 per cent.

BookNet Canada president and CEO Noah Genner says early sales data from this year shows ebook sales are steady and no longer growing.

The report also found that most consumers still preferred to buy their books in stores rather than shopping online.

THE CANADIAN PRESS

By the numbers

15%

Ebook sales made up 15 per cent of overall book sales in 2012, based on surveys with 4,000 consumers.

Belgium

World's priciest pigeon defies EU financial crisis

Flying high above Europe's economic crisis, a lightning-fast pigeon called Bolt became the world's most expensive racing bird when his Belgian breeder sold it for about $410,000 to a Chinese businessman.

One-year-old Bolt, named after the Jamaican superstar sprinter Usain Bolt, was the latest Belgian-bred pigeon to claim record prices. Still, the figure surprised everyone involved in the sport, auction house Pipa said. The previous record for a sale of a single bird was about $330,000 from January 2012.

THE ASSOCIATED PRESS

Pigeons fly inside their coop at Pigeon Paradise in Knesselare, Belgium. THE ASSOCIATED PRESS FILE

Gigs in space

Sales of Hadfield's guitar go into orbit

Sales of a Vancouver-made guitar have skyrocketed since astronaut Chris Hadfield released a music video on May 12 of himself playing David Bowie's Space Oddity on the International Space Station. Guitar-maker Larrivee has since sold $100,000 worth of the three-quarter-size parlour guitar, prompting it to release a commemorative edition of its P-01 model. NASA bought two of the guitars more than a decade ago because of their compact size.

KATE WEBB/METRO IN VANCOUVER

Market Minute

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RULE IS PAR FOR THE COURSE

JUST SAYIN'

Paul Sullivan
metronews.ca

Golf is one of those sports, like curling, that straddles the legitimate-activity fence.

To excel at golf, much skill is required.

To suck at golf, no skill is required. Believe me, I know.

At its highest level, golf is an exhibition of power, grace, skill and athleticism. At its lowest level — mine — it requires good timing so you can stop for snacks between the 9th and 10th hole without holding up the foursome behind you.

Golf is also susceptible to technology. Clubs now come with an adjustable loft, so you can dial up a shot as easily as hot soup from the microwave.

And golf balls are made of flubber — if you actually hit one, it goes a long way.

I've seen it done.

Push carts look like alien spacecraft with cup holders.

Golf has come far from the early days in Scotland when hairy, robust men used to stalk the bog with their mashie niblicks.

And if the belly putter is any indication, it's come too far.

The belly putter is a long-shafted club that you anchor (I'm not making this up) against your chest or belly, allowing for greater stability and therefore a better chance of getting the stupid little round ball in that stupid little round hole.

It looks pretty funny out here in Dufferville, but then what doesn't?

I once watched a guy take 12 shots to get his ball out of a sand trap. Then he calmly put his club back in the bag, picked up his ball, got into his cart and drove off the course, leaving his partner and the other members of his foursome slack-jawed with incredulity.

But the real problem is pro-level golf, where guys like Ernie Els, Adam Scott and Keegan Bradley have all gained a distinct advantage, and don't look good doing it.

It used to be that the biggest threat to golf's reputation was plaid pants, but as the belly or anchor putter bears an embarrassing resemblance to a crutch, it was obvious that it had to go.

As Tiger Woods so eloquently put it: "It should be mandatory to have to swing all 14 clubs."

That's easy for him to say. He actually has a swing. Most of us swing AT the ball, which is different.

So on Tuesday, golf banned the belly putter, effective Jan. 1, 2016.

Now it's up to the various pro tours and Dufferville to decide if they're going to swing free or die.

This is a hopeful sign that golf is pulling back from the brink of the absurd.

Who knows, maybe the golf lords will get staunch and ban the adjustable driver, which is kind of like having four or five extra clubs in your bag.

And once they get a firm grip on the clubs, how long before they take a swing at plaid pants?

ZOOM

Hang in there, little critters

RONALD WITTEK/ARCO IMAGES/SOLENT

Dangling by a tail

These adorable opossums haven't quite mastered their balance on this thin branch.

Thankfully, the baby marsupials managed to heave themselves to safety after a few minutes of clinging on.

The critters were spotted by nature photographer Ronald Wittek gathering around their mother's back on a game farm in Minnesota. For the photographer, the best part of the image is its composition.

"It was incredible to snap the marsupials in action," he said, adding that as adults they are too heavy and just use their tails to keep their balance. **METRO**

Quoted

"I don't think they panicked when they slipped. It reminded me of those funny animal posters or movies where creatures are in awkward spots. But it also demonstrated the animals' natural ability in their environment."

Ronald Wittek, professional photographer from Speyer, Germany

Click bait

HANNAH ZITNER
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Whether your cause du jour is boycotting GMCs or supporting LGBT equality, the Buycott app is your comrade in ethical arms. Hoping to help align consumerism with conscience, users scan a product's bar code to trace its family history — if the parent company's modus operandi matches the shopper's morals, the buyer is given a green light to consume with a clean conscience.

Partially inspired by a conceived-but-not-created app to help shoppers avoid products with the Koch family seal of approval, Buycott users can get the history of a product without loitering in the grocery store aisles for long periods of time doing a never-ending background check on a product.

While the largest campaign on the app is still the Koch boycott, user-submitted campaigns have growing followings too: supporting local craft beer has close to 2,000 members, avoiding sweatshops and child labour has nearly 13,000 and team anti-Splenda has more than 2,500 followers.

Twitter

@metropicks asked:
Beer is the norm after some marathons and obstacle courses. What do you think is the ideal way to recover from strenuous exercise?

@FrenchmanCanada: Cheer for people who are still running

@leeanne_yyc: May have to have one after the @CalgaryMarathon

@SarahFYasmin: Bacon, Chocolate and wine! I'll be having that after my marathon this Sunday May 26th!

Follow @metropicks and take part in our daily poll.

Comments

RE: Should You Introduce Your Kids To Religion? Published May 5 online

I have struggled with religion myself. We are a same-sex family, one being born into the Muslim religion and the other into the Catholic. Neither of these religions has given us acceptance or support. We see religion as a club for the elite, and we unfortunately are not the elite. Why would we expose our child to something that is so judgmental and doesn't accept us? She will make her own decision when she is ready, as we cannot teach her something we don't believe ourselves.
Magz posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Paul Walker, left, Dwayne Johnson and Vin Diesel reunite for Fast and Furious 6, the latest installment of the global blockbuster franchise built on speed. HANDOUT

Burning that silly movie money by burning some serious rubber

Car chase movies. Fast and Furious 6 grabs the wheel this weekend but it's far from the only movie in its genre to hold the pole position

IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend Fast and Furious 6, the latest high-octane installment of the car crazy franchise, hit screens.

Along with it will come squealing tires, revving engines and some of cinema's wildest car chases.

The auto chase is a movie staple, a tradition that dates back over 100 years of movie history.

The silent Keystone Cop films featured the first recorded car chases — a mix of slapstick, jalopies and rough-and-ready stunts — as far back as 1912.

Early Hollywood often played the chases for laughs. In The Bank Dick, W.C. Fields is taken hostage by a bank robber and forced to drive the getaway car.

In the chaotic chase that follows, the vehicle narrowly misses clipping the heads off bystanders as it flies over a ditch and slowly starts to disintegrate.

"The resale value of this car is going to be nil after you get over this trip," says Fields.

Emanuel Levy, an American film critic, said, "Bullitt contains one of the most exciting car chases in film history, a sequence that revolutionized Hollywood's standards."

Lasting just nine minutes and 42 seconds, the filming of the scene took three weeks pairing Steve McQueen's 1968 Ford Mustang 390 GT 2+2 Fastback against the villain's 1968 Dodge Charger 440 Magnum.

The chase was planned to run at 75 to 80 mph but ended up racing through the streets of San Francisco at speeds of more than 110 mph.

Several years later, The French Connection made Gene Hackman a star, won five Academy Awards and featured one of the greatest ever chase scenes.

The realistic looking chase was shot without permits on the streets of Bensonhurst, Brooklyn.

The sequence got a little too realistic for one car owner.

A hapless driver, at the corner of Stillwell Ave. and 86th St., who was unaware a film was being shot, was side swiped by Hackman's car.

Director William Friedkin liked the shot and paid off the driver on the spot.

Chase sequences have gotten more expensive since the early '70s.

Gone are the days where director John Hough could stage a wild chase between a lime green '69 Dodge Charger and a helicopter in Dirty Mary Crazy Larry for peanuts.

John Moore, director of A Good Day To Die Hard starring Bruce Willis, says the chase scene in that movie cost $11 million.

They destroyed 132 cars, damaged another 518 and even flattened a Lamborghini. That one hurt, he said. "I'm a car fanatic."

The Word

Does Brad Pitt suffer from face blindness?

THE WORD
Dorothy Robinson
scene@metronews.ca

Plenty of Hollywood stars probably have trouble remembering everyone they meet (they meet a lot of people).

Brad Pitt, however, thinks his poor memory might be an actual medical condition. He finds it nearly impossible to remember the faces of anyone he meets, he told Esquire.

For awhile, he tried being honest about his problem. "I took one year where I just said, This year, I'm just going to cop to it and say to people, 'OK, where did we meet?' But it just got worse. People were more offended. Every now and then, someone will give me context, and I'll say, 'Thank you for helping me.' But I piss more people off," the star says.

Brad says he's planning to get tested to find out if his forgetfulness is actually a mental condition called prosopagnosia, or face blindness. He has said that the condition means he doesn't go out anymore because of anxiety about the condition (and probably because he has six children).

So basically, Brad Pitt has a face everyone remembers whereas he can't remember anyone else's. Oh, the irony!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Will and Jaden Smith ALL PHOTOS GETTY IMAGES

'Don't have a girlfriend,' dad advises Jaden Smith

Will Smith has clearly given son — and After Earth co-star — Jaden Smith a lot of advice, but one bit of wisdom sticks out: "Probably the best advice he's ever given me is, 'Don't have a girlfriend,'" Jaden tells E! News. "The stress is real." For his dad's part, it's less about stress and more about not closing yourself off to experiences. "Blending with another person is very difficult, and a lot of times you can lose yourself in the process," the elder Smith says. "So my encouragement to him is to be honest with anybody he interacts with. Don't make commitments that a 14-year-old can't live up to."

'The pregnancy rumour is false'

Jay-Z

Jay-Z is eager to dispel rumours that his wife, Beyoncé, is pregnant — especially since they're proving particularly tough to kill. New York radio DJ Ebro Darden reached out to the rapper via email "to say congratulations, send my love to the fam," Darden said on his show. But what he got in response from Jay-Z was pretty direct and to the point: "It's not true," Jay-Z wrote back. "The pregnancy rumour is false."

Twitter

@AnnaKendrick47
Wake up and play with me America!!!

@ZacharyQuinto
literally just going where they take me.

@TheRealRoseanne
i am thinking of the satanic presence of chuck lorre and how it is sucking all of the creativity of persons with souls from hollywood realm

@JossActual
Fans, thanks but I will never be comfortable with people calling me a "God". I would prefer you to call me a Muhammad and then NOT DRAW ME.

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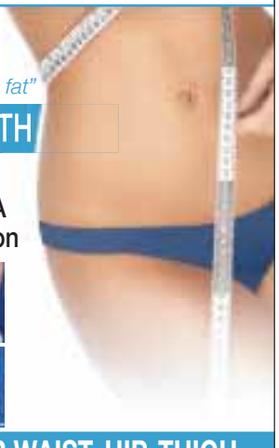

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Heat up your summer with some cool Nashville vibes

Not all country. While you might think it's a honky-tonk town, Nashville is a hub for all kinds of music, culture and tasty food

VAWN HIMMELSBACH
life@metronews.ca

You don't have to know how to two-step to fall for Nashville. The city recently rebranded itself from America's country music capital to Music City — and there's good reason.

It's a vibrant hub of up-and-coming singers, songwriters and musicians across genres, including pop, rock, gospel, bluegrass, jazz, classical, alt-country, blues and soul. And it offers an array of cultural, historical and foodie attractions that complement its musical backdrop.

Nashville has more than 120 live music venues; there's even a live music app (find it at musiccity.com) that uses your current location to tell you where to find the nearest live music venue.

No trip to Nashville is complete without a stop at the legendary Bluebird Cafe. This listening venue has been around for 30 years, where up-and-coming musicians and the "songwriters behind the hits" showcase their talents in an acoustic song circle for fans and music execs alike. It's an intimate venue (only 100 seats), so get there early or make reservations online at bluebirdcafe.com.

Even if you're not into country music, it's worth checking out the clubs on Honky Tonk Alley — a breeding ground for young, hopeful performers. You'll hear everything from rock to alt-country and might even get a sneak peak of the next big thing.

One of the most famous, long-running honky tonks is Tootsie's Orchid Lounge, where Willie Nelson and Patsy Cline used to hang out. Robert's Western Wear is a boot store by day and honky tonk by night, where you'll hear some of the world's best rockabilly. Or check out a show at the Grand Ole Opry, which began as a radio broadcast in 1925 and today serves as a live-entertainment venue honouring country music's legends and contemporary chart-toppers.

If you're a fan of Jack White, check out the Nashville location of his record label, Third Man Records, with a record store, live venue and analogue recording booth. Here you'll find an amazing collection of vinyl, most of which is produced by Jack White himself.

The newly opened Johnny Cash Museum is a tribute to the Man in Black — he's the only artist to have songs on the Billboard for six consecutive decades. With a treasure trove of memorabilia brought together under one roof, you'll find everything from Johnny's J-200 Gibson guitar to the lyrics he wrote in prison to Folsom Prison Blues (and the Grammy that came as a result). Visit johnnycash-museum.net for more info.

Explore East Nashville, an eclectic neighbourhood in the midst of a renaissance, with antebellum buildings dating back to the 1850s. VAWN HIMMELSBACH/METRO

Hipster hangout Hillsboro Village
VAWN HIMMELSBACH/METRO

Where to stay

The Hutton Hotel offers "elegance at ease" with hi-tech amenities, custom furnishings and contemporary luxury, right in the heart of Nashville. Blending sophistication with Southern hospitality, the hotel is also eco-friendly with LED lighting, recycling programs and sustainable bamboo flooring.

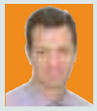
The Johnny Cash Museum opened its doors last month. HANDOUT

Where to eat

The South, of course, is known for its BBQ and Nashville has its share of "dives" with "meat and three," which includes your choice of meat (fried chicken or pulled pork) and three sides. Try Urban Grub for its charcuterie board, which includes Tennessee prosciutto, capicola with bourbon-smoked paprika and toasted ancho, and Kentucky white cheddar. The Capitol Grille in the historic Hermitage Hotel features a "farm-crafted" seasonal menu with a commitment to sustainability, paying homage to great Southern dishes and cooking practices of the past — executive chef Tyler Brown uses some of his grandmother's recipes, and the ingredients are grown at a farm just five miles from the restaurant. Nashville is also home to artisan distilleries that embody the spirit of the South. Corsair offers micro batch craft spirits, which have won 41 medals at international spirits competitions. Try Insane in the Grain!, a 12-grain bourbon; for those who are gluten-free, try the Quinoa Whiskey.

Family trips

What to see this summer



ON THE MOVE
Loren Christie
life@metronews.ca

Just in time for your family vacation there are a number of attractions making their debut this summer.

Located at the foot of the Olympic stadium tower, Montreal's $48 million Rio Tinto Alcan Planetarium houses two theatres: the Milky Way theatre, where visitors study and learn about the sky, and the more interactive Chaos Theatre. Visitors to the Chaos Theatre enjoy a 20-minute multimedia odyssey through the universe.

The complex includes numerous exhibits and the largest public collection of meteorites in Quebec.

Set to open later this summer, the Ripley's Aquarium of Canada is located at the base of Toronto's CN Tower and Rogers Centre.

The Aquarium will be one of the largest in North America, hosting 13,500 inhabitants, or approximately 450 species. The facility will feature a tropical reef tank and a 315-foot-long moving walkway, in a see-through tunnel, below a shark lagoon inhabited by sand tiger sharks.

If you are looking to enjoy nature this summer, you no longer need a car to get to the front gates of Ontario's best-loved outdoor retreats. The Park Bus has added a number of new routes this summer, including Fathom Five National Marine Park, taking customers directly from downtown Toronto to backcountry access points where you can hook up with outfitters and start your outdoor adventure.

FlyOver Canada at Vancouver's iconic Canada Place is getting lots of great buzz. Housed in the former IMAX theatre, it incorporates the latest in virtual flight-ride technology and is the first of its kind in the country. Up to 60 guests are strapped in their seats and elevated in front of a 20-metre-wide, sphere-shaped screen before embarking on a virtual 4D experience across the country. The adventure showcases a mix of seasons, magnificent landscapes and vibrant colours, all enhanced by wind, scents, mist and sound.

Named after world-renowned Canadian artist Robert Bateman, and located in the historic CPR Steamship Building in Victoria's Inner Harbour, the Robert Bateman Centre features educational space, a retail store and a gallery housing approximately 130 of his masterpieces, from his classic B.C. pieces to his famed Africa collection. Check out the collection of 36 of Bateman's bird pieces where, when visitors run their hands over the painting labels, the appropriate bird sounds resonate in the gallery.

Bite into freshness

1. Dipping sauce: In food processor combine peanut butter, hoisin, 2 tablespoons lime juice, scallions, soy sauce, sesame oil, hot sauce and water. Puree until smooth. Taste and add more lime juice or hot sauce if desired, and additional water if necessary to thin the sauce. Transfer to bowl; set aside.

2. Rolls: In bowl combine rice vinegar, sugar and hefty pinch of salt. Whisk until salt and sugar are dissolved. Add carrots and cabbage and toss well. Set aside.

3. Fill bowl with hot water. Add 1 rice paper wrapper to water and let soak 15 seconds. Lay wrapper flat on the counter. In centre of wrapper, place small, oblong mound of carrot-cabbage mix then top with a bit each of jicama, bell pepper and snow peas. Top with 2 mint leaves.

4. To fold roll: Start by folding right and left sides of wrapper over fillings. Next, fold end closest to you up over fillings and sides. Holding roll firmly, roll it away from you until remaining wrapper is completely rolled up. Transfer roll, seam side down, to plate and cover with a damp paper towel. Repeat with the remaining wrappers and fillings. When done, serve with the dipping sauce. THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

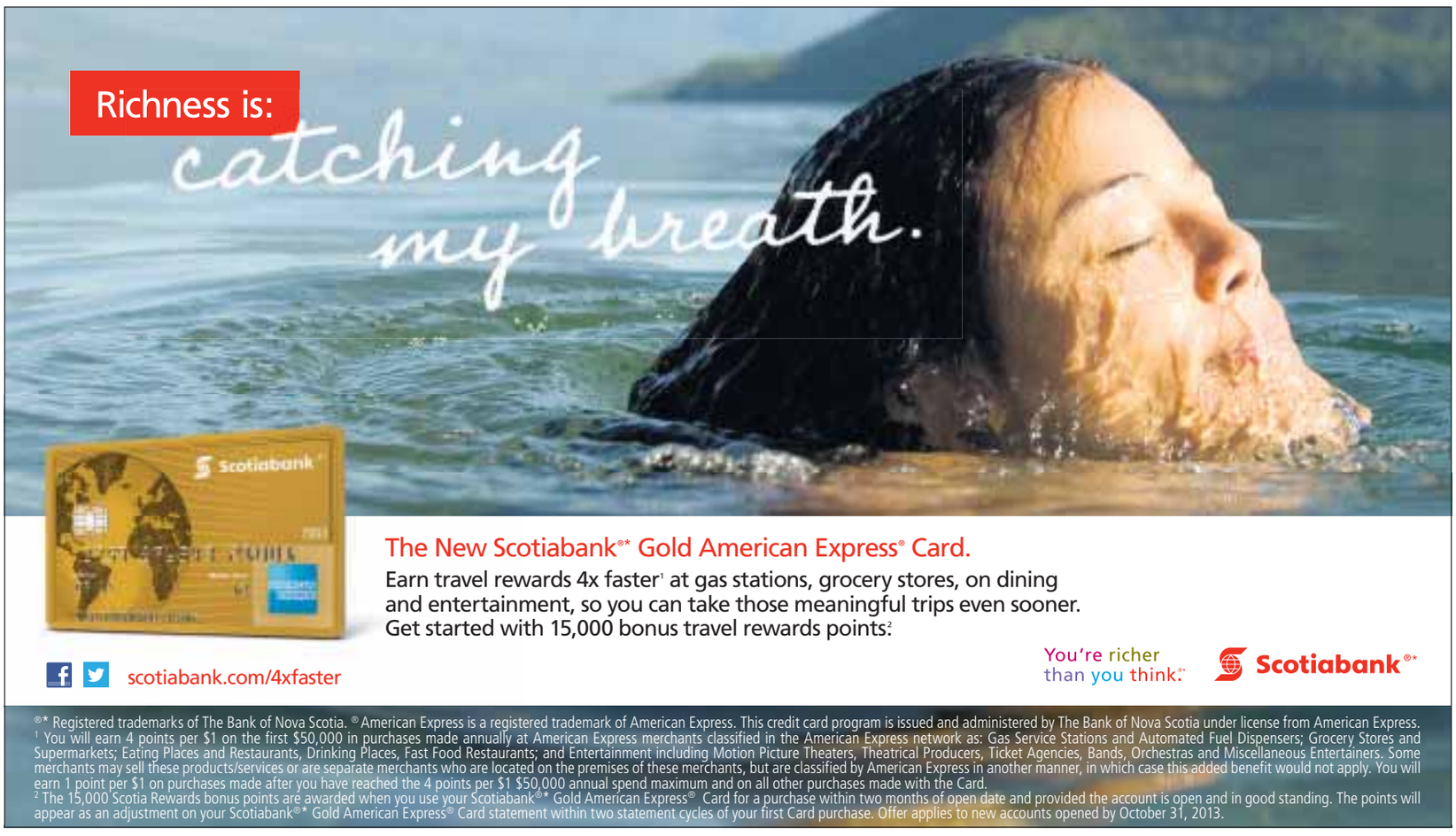
Ingredients

For the dipping sauce:
- 3/4 cup smooth unsalted natural peanut butter
- 1/2 cup hoisin sauce
- 2 to 3 tbsp lime juice
- 2 scallions, coarsely chopped
- 1 tbsp low-sodium soy sauce
- 2 tsp sesame oil
- Hot sauce, to taste
- 2 tbsp water

For the rolls:
- 1 tbsp rice vinegar
- 1/2 tsp sugar
- Kosher salt
- 1 cup shredded carrots
- 1 cup shredded cabbage
- Sixteen 8-inch rice paper wrappers
- 1/2 medium jicama, cut into julienne strips (about 1 cup)
- 1 cup thinly sliced red bell pepper strips
- 1 cup blanched and thinly sliced snow peas
- 32 large fresh mint leaves

Fresh Summer Rolls

This recipe makes 16 rolls. MATTHEW MEAD/THE ASSOCIATED PRESS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[1] You will earn 4 points per $1 on the first $50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations and Automated Fuel Dispensers; Grocery Stores and Supermarkets; Eating Places and Restaurants, Drinking Places, Fast Food Restaurants; and Entertainment including Motion Picture Theaters, Theatrical Producers, Ticket Agencies, Bands, Orchestras and Miscellaneous Entertainers. Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per $1 on purchases made after you have reached the 4 points per $1 $50,000 annual spend maximum and on all other purchases made with the Card.
[2] The 15,000 Scotia Rewards bonus points are awarded when you use your Scotiabank®* Gold American Express® Card for a purchase within two months of open date and provided the account is open and in good standing. The points will appear as an adjustment on your Scotiabank®* Gold American Express® Card statement within two statement cycles of your first Card purchase. Offer applies to new accounts opened by October 31, 2013.

There's something you really want, so raise your voice!

Managers want ambitious people like you on their team and they always want to give you more responsibility. So speak up! ISTOCK

Ask and you shall receive. How can you expect to climb the career ladder if you never express your desire to do so?

RACHEL MCKEE
TalentEgg.ca

A few months ago, a good friend of mine approached me about an internal job posting within his organization for which he was interested in applying.

He had been a video editor within this sports broadcasting company for four years and definitely needed more responsibility, a new challenge and something to give him renewed excitement about the organization and his field.

He was hesitant to apply, as he'd been told that the individuals hiring already had someone in mind for the position and he felt that a fair amount of the job description was out of his skill set, as the job required producing experience.

I encouraged him to apply regardless, as it would show upper management that he was looking to make lateral and/or vertical moves within the organization, that he wanted to be given more leadership opportunities and that he was looking to grow within this field. Ultimately, there was no harm in applying.

His superiors wouldn't even know he was interested in the position if he didn't apply and likely hadn't considered him as a possibility for the job — not because he wasn't qualified or capable, but because he hadn't voiced any interest until this point. If you don't ask, you don't get.

My friend applied for the position and within two days he heard back from the hiring manager for the position.

He had an interview three days later and, what do you know? He got the job!

Two weeks later he set off on a month of travelling across Canada filming the fourth season of this station's signature show.

He had new responsibilities, new networking opportunities, and the chance to learn new skills within his field — and he could not have been more pumped to get started!

None of this would have happened if he had settled for the status quo and hadn't voiced his interest in this exciting new opportunity. He spoke up!

Think of it this way: it's more efficient and cost effective to teach a new skill to an eager, existing employee than to hire someone new to fill the gap.

You'll be surprised to see the opportunities that become available to you by showing this initiative, enthusiasm and dedication in your organization.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Opportunities to open up your yapper

Whether you're volunteering, have a part-time job, contract position, or are fully employed, it's important to speak up when you want to:

- Gain more experience
- Learn new skills
- Make a lateral move in your organization
- Get promoted
- Be given new opportunities
- Tackle a specific project
- Join a project team
- Be given more responsibility
- Take on a leadership role

Loud and proud

Ways to speak up successfully

- Arrange a meeting with your manager/supervisor to discuss your long-term career vision
- Talk to your boss about ways for you to get more involved in your organization
- Apply for internal job postings
- Request to be put on certain project teams
- Tell your boss you are looking for more responsibility or that you want to acquire new skills — be specific!

Keep the crotchety customer at bay. Wringing necks is not an option

If you've been upholding the reputation of your employer, you shouldn't be treated poorly. Chances are, your manager will know better as to how to diffuse the situation, so ask them if they could give you a hand. ISTOCK

I've always done a pretty good job of living up to my name, Rosie. Whether I'm embarrassed, nervous or just warm, I'll blush.

That's why one of my previous jobs in retail could often lead to a very rosy-faced Rosie — I seemed to get stuck with every difficult customer.

One particular incident has always stuck in my mind. I was a wide-eyed and innocent student working a sales position in a photography store and I had yet to experience such a difficult customer.

On this occasion, the customer mumbled his request to me and upon my asking if he would please repeat his question as I didn't quite catch it the first time, he yelled it into my ear. My manager had gone to the back and I was alone at the store front.

I took a deep breath and tried to help the customer with his request, which is when he started to taunt me and call me names. I cashed him out as quickly and efficiently as I could and tried to ignore the insults.

When he finally left the store, my manager emerged from the back and asked me why I was bright red with tears in my eyes and then offered me some words of wisdom for dealing with particularly difficult or rude customers:

Woe is work

"My manager emerged from the back and asked me why I was bright red with tears in my eyes."

Rosie Hales

Stay calm
This gives the customer fewer reasons to be rude and also helps you keep control of your emotions.

Don't retaliate or argue
You don't want to make the customer any more aggravated.

Try to empathize
Remember the quote: "Be kind; everyone is fighting their own battle." While it might seem that this person is trying to fight you instead, you don't know the kind of day they've had. However, if this person is just being downright rude then follow step 4.

Don't let it get you down
While it seems totally wrong that the customer might be taking their bad day out on you, chances are that if you've done nothing to provoke the customer then their behaviour is probably nothing personal.

ROSIE HALES, TALENTEGG.CA

Red Wings goalie Jimmy Howard stops a shot from Blackhawks forward Viktor Stalberg as defenceman Carlo Colaiacovo gives chase on Monday night in Detroit. PAUL SANCYA/THE ASSOCIATED PRESS

Wings' surprise surge powered by Howard

NHL playoffs. Stellar goaltending has Detroit feeling confident and Chicago in a post-season predicament

Jimmy Howard's cat-quick reflexes in net and easygoing nature out of it are big reasons the Detroit Red Wings are on a roll.

Howard has held top-seeded Chicago to only one goal in two straight games, lifting seventh-seeded Detroit to a 2-1 series lead. He was the star of the end-to-end, high-paced Game 3 the Red Wings won 4-1 on Monday night, when he became their first goalie to face at least 40 shots without giving up more than a goal in the playoffs since Greg Stefan did it in 1987.

"That was probably the fastest playoff game I've ever been a part of," Howard said. "I expect it just to get faster Thursday night. They're going to step it up. We need to come even harder."

Detroit will host Game 4 on Thursday night, shooting for a surprising win that would put Chicago on the brink of elimination.

Howard's glove, pads and mindset give the Red Wings a shot to win every time they suit up. Since Detroit trailed second-seeded Anaheim 3-2 in the first round, Howard has won four of five games and is averaging two goals against and 34-plus saves.

"You have to have a good goalie to go anywhere in the playoffs and we have it," Red Wings captain Henrik Zetterberg said.

THE ASSOCIATED PRESS

Not ready to throw Crawford overboard for Emery

Chicago's Cory Crawford won five of his first six games in the playoffs, shutting out Minnesota once and allowing a total of eight goals during his strong start. But he has given up a combined seven goals over the last two games after allowing one goal in the first period of the series opener.

- Blackhawks coach Joel Quenneville didn't want to discuss the possibility of going to backup Ray Emery.
- "We're not talking about that right now," Quenneville said on Monday night. And the next day, he was succinct when asked to assess how Crawford has played the past few games. "He's been fine," Quenneville said.

NHL

Roy could be Avs' next coach: Reports

Patrick Roy and Joe Sakic formed a productive partnership on the ice during their playing days, leading the Colorado Avalanche to two Stanley Cup titles.

Patrick Roy
GETTY IMAGES FILE

Now, Avalanche fans are hoping they're reunited to steer the foundering franchise back to the glory days. According to reports, the Hall of Fame goaltender could possibly be in line to become the next coach.

Roy's younger brother, Stephane Roy, posted a Facebook note late Monday night saying his brother would be the new coach. Stephane Roy later told The Denver Post: "They're discussing the final details of an arrangement."

THE ASSOCIATED PRESS

NBA

Cavs win lottery for top draft pick

The Cleveland Cavaliers won the lottery for the second time in three years and have the No. 1 pick for the June 27 draft.

The also won in 2011 and used the top pick on eventual Rookie of the Year Kyrie Irving.

The Orlando Magic fell back one spot to No. 2, while the Washington Wizards vaulted from the No. 8 to third. Toronto won the 12th pick, but it was sent to Oklahoma City as part of the deal that saw James Harden go to Houston and Kyle Lowry go to the Raptors. THE ASSOCIATED PRESS

Chamblin steers clear of Cup guarantees

Roughriders coach Corey Chamblin said the off-season additions of veteran Geroy Simon and Ricky Foley should help his young club keep a more even keel this season. DARRYL DYCK/THE CANADIAN PRESS FILE

The Saskatchewan Roughriders have added some big names to their roster in the off-season in preparation for a big season at Mosaic Stadium.

Entering their second year under coach Corey Chamblin, the young Riders might be a year wiser, but they also have the added pressure of hosting this year's Grey Cup.

"I'm excited about the Grey Cup being here but I think that excitement is for the city of Regina," Chamblin said. "The Grey Cup being here doesn't guarantee that we will be in it, no matter where it is we will work hard to get there."

Two big-name signings for the team, receiver Geroy Simon and defensive end Ricky Foley, made waves in the CFL world during the off-season. Throughout 2012 the Riders were breaking in a lot of rookies, both young guns and new imports. The growing pains should dissipate this year Chamblin said.

"The additions we made this year are guys from winning clubs, but are also veterans," Chamblin said. "The biggest thing you hope those guys bring is their veteran presence and making sure we don't get too high with the highs and too low with the lows, I think we did that last year."

The team again threw its support behind veteran quarterback Darian Durant heading into the pre-season, though they've hinted that they will be looking to add depth to the position.

JEFF MACKEY/METRO

Change is coming, as is resistance to change ...

The Aston Martin CC10 Speedster. HANDOUT

Autopilot. And here's a quartette of automotive stories to back that theory up

AUTO PILOT
Mike Goetz
drive@metronews.ca

Here are four automotive stories from the past week that all seem to speak to how fast and how slow our world is changing at the same time.

We need to change but for some things we won't — there is this constant struggle: must change versus must not change. Probably a good thing.

Another drive-in goes down

A 58-year-old drive-in theatre in Sharon, Ont., will not make it to its 59th year. Here is an excerpt from the North York Drive In's goodbye message posted on Facebook: "It is with much regret we say goodbye to summer evenings at North York. Technology and conversion to digital projection has made us obsolete and threatens many other independent theatres."

Studios are phasing out the celluloid (or film) format. Theatres with film projector technology are going to have to go digital or go dark. While the family-owned North York Drive In decided against the considerable investment to digital, other drive-ins have made the move and are still alive and well.

Limos disguised as ambulances

The traffic in all the world's major cities keeps getting worse. Apparently the traffic is so bad in Moscow that VIPs are renting special limos to get around — those disguised as medical emergency vehicles. With sirens blazing they are able to get around the gridlock no problem. The ruse was uncovered when one ambulance was pulled over by police for traffic indiscretions and found to be transporting very healthy people in very comfy seating arrangements.

Driving Boom goes silent

A study just released by the U.S. Public Interest Research Group revealed that the post-war Driving Boom is kaput. We always thought "miles travelled per capita" would keep rising forever. But after peaking in 2004 it levelled off and now appears to be levelled off for good. Americans drive no more miles in total today than they did in 2004 and no more per person than they did in 1996.

Of course this is due to two demographics duking it out: baby boomers and their voluminous driving habits moving out of the picture, and the millenniums and their stingy driving habits moving more into the picture. Other contributing factors are urbanization, gas prices and less need for commuting in this digital age. The study's authors suggest U.S. legislators might want to rethink plans based on the premise that Americans will keep driving until they drop.

Cool keeps coming

Aston Martin celebrated its 100th anniversary by creating the CC100 Speedster Concept. The "speedster" genre (no top or windshield whatsoever, a race-ready convertible so to speak) was selected to channel the vibe of Aston Martin's most famous racer — the 1959 DBR1. But the old-school vibe is mated to a state-of-the-art carbon fibre body and interior. Like the Aston Martin supercar, the One 77, the CC100's carbon fibre pieces are crafted (by Canadians!) in the big oven at Multimatic, an auto engineering and parts builder based in Markham, Ontario. That's about 30km from the obsolete drive in theatre in Sharon.

Save some dimes with smart designs

Driving Force. The shape of your car will affect your long-term fuel bill, so look for the one that gives you safety, style and savings

JIL MCINTOSH
drive@metronews.ca

Designing a sleek vehicle isn't just about good looks. A smooth design cuts down on wind resistance, which in turn helps improve fuel economy.

Aerodynamic designs may be obvious on sports cars, but they're also used on pickup trucks, where engineers face the complicated task of adding wind-cheating tricks without sacrificing work-oriented practicality.

"Air flows over a vehicle, around the side and under it, and you're trying to make it flow smoothly," says Jeff Luke, executive chief engineer for global trucks at General Motors. "If the air is turbulent, it results in more drag and it's less efficient aerodynamically."

A truck may have an upright grille and stance, but "that doesn't mean it's a brick," Luke says. The bumper and its lower air deflector, and the hood and windshield designs channel air around the truck. Headlights and fog lights are sealed so they deflect the air, instead of trapping it.

Air has to enter the grille to cool the engine, but the engine compartment is designed so the air flows out again, instead of pushing against the firewall.

Under the truck, engineers add body pans, which keep the air flowing so it doesn't create turbulence against the undercarriage components. If it swirls, it creates aerodynamic drag. This prevents the truck from easily moving forward and requires more fuel to overcome.

Air also has to move smoothly along the sides, where the door handles and window seals play a role. Windshield wipers and mirrors also have to be designed to reduce air swirling around them, which can create annoying wind noise at higher speeds. Even the wheels are designed with flush faces, instead of deep designs that can trap air.

At the rear, a lip on the tailgate helps direct airflow properly. Some people believe that driving with the tailgate down helps improve fuel economy but that's false, Luke says. Instead, the upright tailgate creates a pressure difference behind the cab. Air flows over this "air cushion," instead of swirling in the box and creating drag.

Even under the vehicle must be aerodynamically sound. JIL MCINTOSH

This truck doesn't look aerodynamic but it is due to its inner design. JIL MCINTOSH

"It's all 'free' fuel economy," Luke says. "The more you focus on every count of aerodynamic drag, the lower you can make it, and so the more fuel you can save."

DRIVE

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If you are honest about what it is you desire then a friend will be honest with you about whether they can give it to you. Even if they can't, they may still be able to put you in touch with someone who can.

♉ Taurus
April 21 - May 21
It may seem as if you are out of step, logically and emotionally, with those around you. Maybe you are, but what of it? You are entitled to look at life any way you please.

♊ Gemini
May 22 - June 21
Not everyone cares about what you care about, and why should they? All you need to realize is that one good person — that's you — can make a world of difference.

♋ Cancer
June 22 - July 23
The road you're travelling may not be of your own choosing but fate in its wisdom has pushed you in this direction so you would be wise not to fight against it. Worry less and life will be less of a struggle.

♌ Leo
July 24 - Aug. 23
Others may be urging you to take a certain course of action but if your instincts tell you it's wrong then it's your instincts you must follow. It doesn't matter that you are unpopular, it matters only that you are right.

♍ Virgo
Aug. 24 - Sept. 23
Before you get more of what you desire, it might be wise to create space by getting rid of what you no longer need. Why hold on to things you will most likely never use again?

♎ Libra
Sept. 24 - Oct. 23
What you think is a problem is in fact an opportunity in disguise. When you realize it, your mood will lighten and new opportunities will open up for you. You will soon be smiling.

♏ Scorpio
Oct. 24 - Nov. 22
The situation you face today is the same situation you faced yesterday. So why have you still not resolved it? Come on, you're a Scorpio. You're meant to be smart and decisive!

♐ Sagittarius
Nov. 23 - Dec. 21
Be careful what you ask for over the next 24 hours because you are likely to get it, but not in quite the way you expected. Come the eclipse in your sign this weekend, you may even want to give it back again.

♑ Capricorn
Dec. 22 - Jan. 20
It would appear that you are involved in a feud and it is taking up far too much of your time and energy. Whatever it is about, you must get over it quickly. There are more important things to focus on.

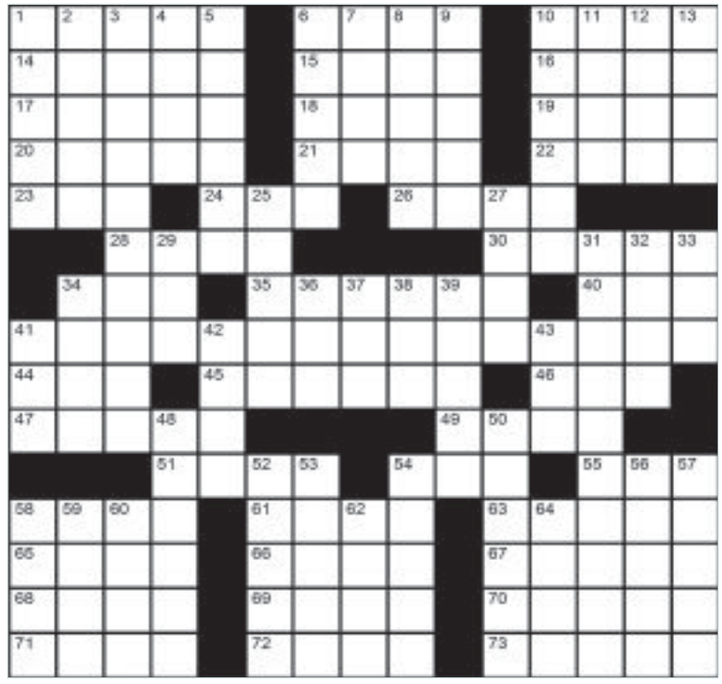
♒ Aquarius
Jan. 21 - Feb. 19
Don't just assume that loved ones know how you feel. Tell them in words that make it impossible for them not to understand. Sometimes you can be a bit too cool.

♓ Pisces
Feb. 20 - March 20
At home and at work you will get the chance to do good deeds today. Some of those who need your assistance may not be your favourite people but you'll help them anyway.

SALLY BROMPTON

Crossword: Canada Across and Down

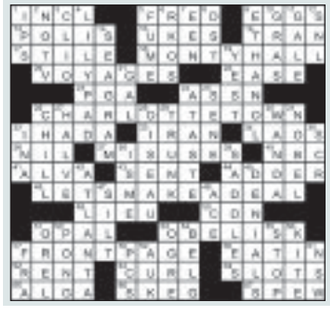
BY KELLY ANN BUCHANAN



Across
1. Kingly
6. Clump
10. Icy waters danger
14. Cherish
15. Govern
16. Above
17. Frasier's sitcom brother
18. Division
19. Vegas alternative
20. Butcher shop waste
21. Roof's overhang
22. Ms. Barrymore
23. The Big Apple
24. "__ say!"
26. River for Hamburg, Germany
28. Margarine's fancy name
30. Remove the towel from the clothesline
34. Expected
35. Vigorous
40. Charlemagne's domain [acronym]
41. "Sundown" singer/songwriter: 2 wds.
44. Ruler measurements, for short
45. Boil under the collar
46. _ __ Z
47. "__ Magnolias" (1989)
49. Chauffeured car
51. "Thou __ protest too much."
54. Furniture wood
55. Shut out
58. Hoax
61. Clock†time
63. Have _ __ (Be optimistic still)
65. Inca empire's modern home
66. "__ and the King"
67. Big lake in #48-Down, Gitche __
68. Moran of "Happy Days"
69. Bundles of bills
70. Be a war journalist inside a military unit
71. Kaput
72. Gin flavouring
73. Work stations

Down
1. Didn't stop: 2 wds.
2. Spiritually uplift
3. Workplace for Sarnia-born athlete Mike Weir: 2 wds.
4. GTA = Greater Toronto __
5. Regina-born actor Mr. Nielsen
6. Porridge, for Oliver Twist
7. Roman moon goddess
8. Oil source
9. __ nut
10. Sir Robert __ (Canada's 8th Prime Minister)
11. At any time
12. French philosopher/mathematician Mr. Descartes
13. Become a bigger plant
25. Canadians Greene or Michaels
27. "Corner Gas" star, Brent __
29. __ Zeppelin
31. Crashed-in-on snapshots
32. Slangy suffix to 'Stink'
33. Acquire
34. "__ Forget the Lyrics!"
36. Hoagy Carmichael song: "__ Buttermilk Sky"
37. Took the bait
38. "Oh, yuck."
39. Beach trinket
41. Soldiers Joe and Jane
42. European city once called Christiania
43. The Partridges, e.g.
48. Song by #41-Across: "Wreck of the __ Fitzgerald"
50. Pictured
52. Artie and George Bernard
53. Of varied pitch
54. Obliterate
56. Take _ __ (Look at the present ahead of time)
57. Wants
58. Hotfooted it
59. "From __ to Eternity"
60. Vocal variety
62. Take apart
64. Actor Mr. Cronyn

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9				1		7	8	
	3		9	6		4		
					3			
	5	7				9		8
6								4
4		8				2	3	
			4					
		6		7	8		1	
	2	5		3				6

Yesterday's Sudoku

1	4	3	8	2	9	6	5	7
6	9	2	5	7	1	4	8	3
5	8	7	3	4	6	2	1	9
3	1	6	2	5	8	9	7	4
8	5	4	6	9	7	1	3	2
2	7	9	4	1	3	8	6	5
4	3	5	1	8	2	7	9	6
7	6	1	9	3	4	5	2	8
9	2	8	7	6	5	3	4	1

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Before starting any cleanse or detox, it is imperative to follow a diet that is nutritious and includes a well-balanced-combination of healthy choices. And if you believe a cleansing or detox program will help to improve your health (as millions of others have), it requires planning to ensure success. Whether it is finding ways to eliminate nasty cravings, adding or removing certain types of foods to reinvigorate your digestive system, or discovering ways to eat healthily, you will find that cleansing and detoxing as part of your overall healthy-living plan will also yield energizing results.

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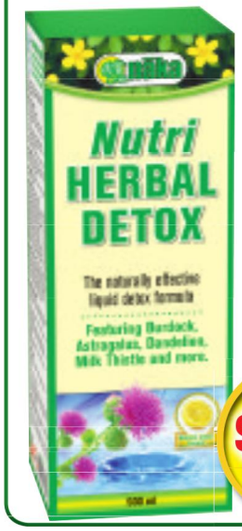

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▸ ***Joe H.** – Ontario*

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